

DINNERLY



Reduced-Carb Curried Pork Steaks with Kale and Pepita Salad



25 minutes



2 Servings

Who needs the comfort of carbs when you have flavour like this? Pan-fry juicy pork steak in mild Indian spices, then team it with a nutritious kale salad for a match made in heaven.

WHAT WE SEND

- 100g kale
- 1 celery stalk
- 1 carrot
- 5g vadouvan curry powder ¹⁷
- 2 pork loin steaks
- 30g pepitas

WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 1 tsp white vinegar
- ½ tsp honey

TOOLS

- julienne peeler or box grater
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 500kcal, Fat 30.2g, Carbs 12.7g, Proteins 41.5g



1. Prep ingredients

Crush or finely chop **2 garlic cloves**. Remove the tough inner stems from the **kale** and coarsely chop the leaves. Thinly slice the **celery** on an angle. Peel the **carrot** and shred using a julienne peeler or coarsely grate with a box grater.



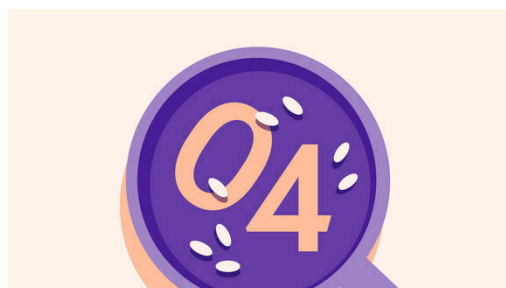
2. Marinate pork

Put the **garlic**, **1½ tsp curry powder** and **2 tsp olive oil** in a large bowl, season with **salt and pepper** and stir to combine. Add the **pork** and turn to coat.



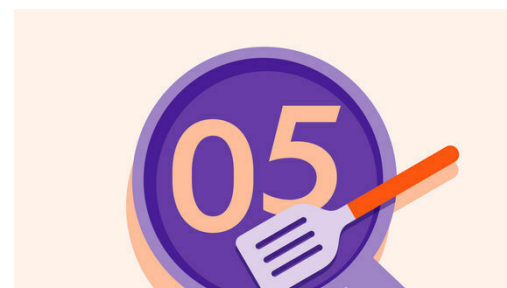
3. Pan-fry pork

Put the **pepitas** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Return the pan to medium-high heat. Cook the **pork** for 3-4 mins each side until browned and cooked through (see Kitchen 101). Remove from the pan and rest for 4 mins.



4. Make salad

Meanwhile, combine the **remaining curry powder**, **1 tbs olive oil**, **1 tsp white vinegar** and **½ tsp honey** in a large bowl and season with **salt and pepper**. Add the **kale** and massage for 1 min or until softened. Add the **celery**, **carrot** and **pepitas** and toss to coat.



5. Serve up

Thinly slice the **pork**. Divide the pork and **kale salad** among plates and enjoy!



6. Kitchen 101

Pork is at its tender and juicy best when it's cooked to medium, so don't be afraid of a little colour. Gone are the days when we cooked pork all the way through until white (and bone dry); nowadays, it's completely safe – and tastier – to eat pork with a hint of blush pink in the middle.